ATHLETE ANTI-DOPING EDUCATION AND DECLARATION FORM

1. Doping controls will be conducted at the Conseil International du Sport Militaire (CISM) Military World Championships in accordance with WADA (World Anti-Doping Association) International Standards. Doping is defined as the use of prohibited substances or prohibited methods designed to enhance sporting performance, and can be intentional or unintentional. All medalists and several random participants in each sport will be testing during the MWG. This is the same testing that is conducted at the Olympic Games and other international championships. Many of our national and world class athletes are already familiar with WADA and the list of prohibited substances and methods. Details can be found at the following websites: WADA, www.wada-ama.org or the U.S. Anti-Doping Agency (USADA), www.usantidoping.org. USADA provides anti-doping information, education and assistance to all athletes and generously supports U.S. Armed Forces Sports.

2. A positive doping test, even if accidental, comes with serious consequences. A positive test will result in a sanction, to include possible automatic disqualification from the competition, a return of medals won (including team sport medals), a ban from CISM competition for at least 2 years, probable suspension from the athlete's International Sport Federation, and even fines. Each athlete is responsible for what is put into his or her body, and is responsible for ensuring that he or she is not taking any prohibited substances.

3. What are Prohibited Substances?

a. Prohibited substances are those considered to have performing enhancing capacity. These are listed in their entirety on the WADA 2013 Prohibited List, on the USADA and WADA websites. It is best to check for the most recent versions as they may change during the year.

b. Classes of prohibited substances include anabolic steroids; diuretics; IV fluids; hormones (other than birth control); and beta-2 agonists for asthma (except albuterol and salmeterol as above). Substances prohibited only in-competition include corticosteroids taken orally, rectally or by injection; stimulants (such as those used for Attention Deficit Hyperactivity Disorder); narcotics (strong pain relievers like Percocet); marijuana and alcohol; and beta-blockers.

c. Prohibited substances may be used for legitimate medical purposes only after obtaining a Therapeutic Use Exemption through USADA (see below for more details).

4. How do I determine if my prescription or over the counter medications are prohibited?

a. Go to the Global Drug Reference Online (DRO) http://www.globaldro.com. This interactive search tool tells athletes if their medications are prohibited or permitted. It is anonymous; simply select your sport and list your medication. You will get an immediate response along with a reference number documenting the encounter. Write this number down and keep it for future reference.

b. Note: supplements/herbals/energy drinks are not included in the DRO as these are "take at your own risk" substances. See below for more information on supplements.

c. Call the USADA Drug Reference Line during business hours at 800-233-0393 or 719-785-2020. You can also send an e-mail to drugreference@usantidoping.org.

d. For further assistance, you can contact the Armed Forces Sports Secretariat at steven.a.dinote.naf@mail.mil or 210-466-1335.

5. What is a Therapeutic Use Exemption (TUE)? A TUE is a waiver which gives an athlete permission to use a prohibited medication in order to treat a legitimate medical condition. It must be obtained prior to competition and can take 1-2 months to obtain. A TUE is good for a specified period of time (max 4 years) and must be brought to competitions and presented at the time of drug testing. All military athletes taking a prohibited substance must have an approved TUE prior to the CISM Event. Contact the Drug Reference Online if you are uncertain if you need a TUE.

6. How do I get a TUE? Download forms and instructions from USADA, www.usada.org/tue/. Start this process immediately in order to ensure approval before the CISM Event. Athletes requiring a TUE must inform their Team Captains of this requirement as they submit their application. Team Captains: Please notify the team medical officer or the Armed Forces Sports Secretariat, Mr. Steven Dinote at 210-466-1335, steven.a.dinote.naf@mail.mil for application procedures.

7. What substances are permitted? Many standard prescription and over the counter medications are permitted. This includes anti-inflammatory medications (such as Aspirin, Motrin, Tylenol, Naprosyn), antihistamines (such as Benadryl, Allegra, Zyrtec, Claritin), birth control pills, and antibiotics. Acid reflux and ulcer medications (such as Prevacid, Zantac, etc.), muscle relaxants (such as Flexeril), and most anti-depressant medications (such as Paxil and Zoloft) are also permitted. For asthma, inhaled albuterol and salmeterol and inhaled corticosteroids are permitted, but albuterol has urine concentration limits. Phenylephrine, phenylpropanolamine, and pseudoephedrine (decongestants found in many cold preparations) are now permitted—but pseudoephedrine also has urine concentration limits. Topical corticosteroids, including nasal allergy preparations (Nasonex or Flonase), eye or ear drops, or creams, are permitted. See the Global Drug Reference Online (DRO) to check your medication.

8. What about Supplements, Amino Acids, Herbals, Energy Drinks, and Vitamins?

a. If you take these products it is **AT YOUR OWN RISK** of a positive test and a doping violation. Many of these products contain prohibited substances. These products are **NOT** regulated by the Food and Drug Administration, so there is no guarantee that the list of ingredients on the label is accurate, or that their claims of performance are substantiated. Many of these products have dangerous side effects, which are compounded if taken at more than the recommended dosage or in combination with other similar products.

b. Even if there do not appear to be any prohibited substances listed on the label, the product many contain additional ingredients or contaminants that many be prohibited and result in a positive test. There is currently no guarantee that any particular supplement, including vitamins, amino acids or herbal preparations, is free from prohibited substances. Please see http://www.supplementsafetynow.com for additional supplement information.

c. Understand that even if you legally purchase a product at a recognized national store, such as GNC, products/supplements used for working out are not necessary designed for competitions subject to WADA. Many products openly state that their product will result in a failed doping test if consumed. It is your responsibility to know what ingredients are ingested in your own body. This also applies to energy drinks. When in doubt, consult your team medical staff or the Armed Forces Sports Office.

d. To make certain you understand the notes above, at the World Military Games in Rio de Janeiro, Brazil, a U.S. Athlete tested positive for a stimulant on the WADA Prohibitive Substance List. The athlete ingested an energy drink purchased a national outlet store. The athlete failed to read the ingredients or alert the medical staff because the athlete assumed that

the drink was safe because it was purchased over the counter and the athlete did not consider energy drinks a supplement. Keep in mind that any product consumed that is designed to provide any advantage, whether it is additional energy, muscle recovery, or any other affect, is considered a supplement and must be reported to the medical team before the CISM Championship.

References:

1. 2014 WADA List of Prohibited Substances and Methods
2. WADA: www.wada-ama.org
3. The U.S. Anti-Doping Agency (USADA): www.usantidoping.org/
4. Global Drug Reference Online: www.globaldro.com.
6. TUE instructions and form: www.usada.org/tue/

Affirmation:

By signing below I acknowledge that I have read the above the Athlete Anti-Doping Education and Declaration Form. I understand that I will be subjected to doping controls at the CISM Championship, and that any medications/supplements I may be taking I do so at my own risk. If I require the use of prohibited substances to treat medical conditions, I understand the requirement to obtain an approved TUE in advance of the competition. I must bring any TUE with me to the CISM Championship and will be required to present it at the time of testing. If I fail to alert the medical staff of any products consumed and fail a doping test, I will be subject to sanctions from international competition, action by the Armed Forces Sports Council/Working Group, and action by my command through the Uniform Code of Military Justice.

Printed Name	Sport
Signature	Date